



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<b>1</b> <b>9am-1pm AARP Tax Assist</b> 9:30 Piecemakers 9:45 Dancing w/Josi 11:00 SSC Club 11:30 Whist 12:30 Bridge <b>Spaghetti &amp; Meatsauce</b>	<b>2 Trip : Xmas Tree Shops</b> <b>9am-1pm AARP Tax Assist</b> 10:00 Line Dancing* 10-12 Independent Artists 12:00 Art with Elaine 2:00 ChiGong 3:15 Tai Chi/4:00 Adv Tai Chi* <b>Beef Stew</b>	<b>3</b> 9:00 Senior drawing* 9:30 Fitness & Nutrition* 11:00 Yoga 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates <b>Chicken Dippers</b>	<b>4</b> 9:00 Men's Club 9:00 Acrylic Painting* 10:45 Watercolor* 11:00 Music with Kitty 1:00 Pitch <b>Honey Mustard Chicken</b>	<b>5</b> 9-1 Nailcare 9:00 Clay Creations* 9:30 Writer's Workshop 10:00 Cribbage <b>11am: Dental Hygienist talk at Meal Site</b> 1:00-3:00 Busy Hands <b>Fish Victor</b>
<b>8</b> <b>9am-1pm AARP Tax Assist</b> 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge <b>Yankee Meat Pie</b>	<b>9 Trip: Solomon Pond</b> <b>9am-1pm AARP Tax Assist</b> <b>10-11 Spinal Screening</b> 10-12 Independent Artists 12:00 Art with Elaine <b>1-2 Hearing Screening</b> 2:00 Chi Gong <b>Roast Turkey &amp; Gravy</b>	<b>10</b> <b>10:00 COA Board Meeting</b> 11:00 Yoga 12:30 Bridge/1-3:00 Whist <b>1-3 Financial Clinic</b> 1-2:00, 2:15-3:15 Pilates <b>Chicken l'Orange</b>	<b>11</b> 9:00 Men's Club 11:00 Music with Kitty 1:00 Pitch <b>Swedish Meatballs</b>	<b>12</b> <b>9:00 Rep. Polito Office Hrs</b> 10-1 Nailcare 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands <b>Macaroni &amp; Cheese</b>
<b>15 9-1pm AARP Tax Assist</b> 9:30 Piecemakers 9:45 Dancing w/Josi 11:00 SSC Club 11:30 Whist 12:30 Bridge <b>BBQ Ribs</b>	<b>16</b> <b>Trip: Walmart - Northboro</b> <b>9am-1pm AARP Tax Assist</b> 10-12 Independent Artists 12:00 Art with Elaine (no Chi Gong) <b>1pm: Friends of the SCC, Inc. Roast Chicken</b>	<b>17</b> 11:00 Yoga 12:30 Bridge/1-3:00 Whist <b>1-2 B.Pressure Screening</b> 1-2:00, 2:15-3:15 Pilates <b>Pot Roast &amp; Gravy</b>	<b>18</b> 9:00 Men's Club 10:00 Fallon Rep <b>10 Legal Clinic w/Jim Slavin</b> 11:00 Music with Kitty 1:00 Pitch <b>5:30: ComDin @ H.School Hot Dog</b>	<b>19</b> 9-1 Nailcare <b>11:30 Brown Bag Lunch and MOVIE</b> 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands <b>Veggie Cheese Bake</b>
<b>22</b> <b>9am-1pm AARP Tax Assist</b> 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge <b>2-3 Reiki</b> <b>Stuffed Cabbage</b>	<b>23 Trip: Auburn Mall</b> <b>9am-1pm AARP Tax Assist</b> 10:00 Line Dancing 10-12 Independent Artists 12:00 Art with Elaine 1pm, Arthritis Exer, 2:00 Chi Gong 3:15 Tai Chi/4:00 Adv Tai Chi <b>Chicken Teriyaki</b>	<b>24</b> 9:30 Fitness & Nutrition 11:00 Yoga 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates <b>Chopped Beef</b>	<b>25</b> 9:00 Men's Club 9:00 Acrylic Painting 10:45 Watercolor 11:00 Music with Kitty 1:00 Pitch <b>Shepherd's Pie</b>	<b>26</b> <b>9:30 Newsletter Mailing</b> 9-1 Nailcare 9:00 Clay Creations 9:30: Writers Workshop 10:00 Cribbage 10:15-11:45 Drawing Class 1-3 Busy Hands <b>Baked Fish Filet</b>
<b>29 9am-1pm AARP Tax Assist</b> 9:30 Piecemakers 9:45 Dancing w/Josi 11:00 SSC Club 11:30 Whist 12:30 Bridge <b>American Chop Suey</b>	<b>30 Trip: Target - Northboro</b> <b>9am-1pm AARP Tax Assist</b> 10:00 Line Dancing 10-12 Independent Artists 12:00 Art with Elaine <b>1:30pm AARP Meeting</b> 1pm, Arthritis Exer, 2:00 Chi Gong 3:15 Tai Chi/4:00 Adv Tai Chi <b>Meatball Burgundy</b>	<b>31</b> 9:00 Senior drawing 9:30 Sr. Fitness & Nutrition 11:00 Yoga 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates <b>Roast Turkey</b>	<b>* Please note that Parks Activities have a two week hiatus between the Winter and Fall Sessions.</b>	